

#### West Virginia Bureau of Senior

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# Food and Fitness

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# The Beginning Steps to Counting Carbohydrates

When it comes to carbohydrate counting, there is a common misconception that diabetics can no longer have their favorite foods like desserts, pastas, and sweetened beverages. Balance and consistency are two of the most important factors in counting carbohydrates. By learning how to count carbohydrates, diabetics can fit all the foods they love and enjoy into their diet with proper counting and moderation. Counting carbohydrates can sound like a huge task, although counting carbohydrates can be simplified for easy use.

First, it is important to understand that everyone with diabetes should consult a Registered Dietitian Nutritionist (RDN) for a diet prescription that meets each individual's needs. It is important to consult an RDN for the simple fact that everyone's needs and preferences are different. People who have different gender, age, weight, amounts of exercise, type of medication, and much more is used to determine a diet prescription that best suits your individual needs. The RDN should be able to create a balance and educate on the importance of consistency of carbohydrates with your needs.

Once you have obtained a diet prescription (the amount of carbohydrates you need at each meal and during snacks), the next step is to really get an understanding of what foods have carbohydrates and which foods are considered FREE from carbohydrates.

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## The Beginning Steps to Counting

#### (Continued From Page 1)

#### Foods with Carbohydrates

All grain foods include breads, cereal, rice, pasta, biscuits, bagels, pancakes, popcorn, etc.

Starchy vegetables include potatoes, corn, peas, and beans.

All dairy foods including milk, cheese, yogurt, sour cream, pudding, ice cream, etc.

#### Foods Counted as FREE from Carbohydrates

Non-starchy vegetables including carrots, broccoli, cabbage, greens, green beans, etc.

Protein foods including meats, poultry, fish, eggs, nuts, tofu, and seeds.

Let's now move to how to count carbohydrates. Each food has a listed (refer to page 3) amount of food that serve as a "choice." Different foods may have different "choice" sizes so keeping the handout may be beneficial. Each food choice represents 15 grams of carbohydrates. Now, we can apply the diet prescription to the amount of choices. Most people will have either 3 or 4 (45 or 60 grams of carbohydrates respectively) choices per meal and either 1 or 2 (15 or 30 grams of carbohydrates respectively) choices for a snack.

#### Example Meal:

1 cup milk
1 scrambled egg
2 pieces of toast
½ cup fruit
1 choice
½ choices
1 choice

Reading food packaging labels and asking for the nutritional information of the food you order at restaurants can also be a good tip. Just remember when doing so 15 grams = 1 choice. Many times people forget to count drinks, snacks, and foods that are breaded. Don't forget to add in those carbohydrates too. Practice makes for better understanding on how to count your carbohydrates.



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#### **Food Choice List**

Carbohydrate Choices – 15 grams carb per serving									
Breads, Cereals & Grains	Beans*	Starchy Vegetables	Fruit						
1 slice bread (1 oz.)	½ cup beans, peas	½ cup corn	4 oz. piece of fruit						
2 slices low-calorie bread	(garbanzo, pinto,	½ cup peas	(apple, pear, etc.)						
¼ large bagel (1 oz.)	kidney, white,	1 cup winter squash	6 oz. fresh peach						
6" tortilla or pita bread	black-eyed peas)	3 oz. baked potato	6½ oz. orange						
½ English muffin	½ cup lentils	2 oz. boiled potato	11/4 cup watermelon						
½ cup cooked cereal	1/3 cup baked beans	½ cup mashed potato	11/4 cup strawberries						
3/4 cup avg. dry cereal	½ cup refried beans	2 oz. baked sweet	1 cup raspberries						
1/3 cup cooked rice/pasta	1/3 cup hummus	potato	¾ cup						
l cup soup	* also count as 1	½ cup sweet potato	black/blueberries						
	lean meat choice		½ grapefruit						
Crackers/Snacks	Milk	Desserts/Sweets	½ cup (5½ oz.) mango						
3 cups air-popped popcorn	l cup milk (fat-	l oz. angel food cake	½ cup pineapple						
18-20 mini pretzels	free/skim, 1% milk,	2" sq. unfrosted cake	1 cup melon						
5-8 regular pretzel twists	2%, whole, lactose-	11/4" sq. brownie	17 grapes						
2-5 whole grain crackers	free)	2 small cookies	4 oz. banana						
3 graham crackers	6 oz. light-style	½ cup ice cream	12 cherries						
2 rice cakes, 4" across	yogurt	1/4 cup sorbet	1 (3½ oz.) kiwi						
9-13 potato chips	6 oz. plain yogurt	1 frozen fruit bar	2 small tangerines						
9-13 tortilla chips	½ cup evaporated	½ cup sugar-free	2 Tbsp. dried fruit						
	skim milk	pudding	½ cup (4 oz.) juice						
	⅓ cup dry fat-free	1 Tbsp. jam/jelly	2 2 mp ( 1 20 m) Janes						
	milk	1 Tbsp. honey/sugar							

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(ascorbic acid)

#### **Functions**

Vitamin C is a water soluble vitamin. Vitamin C enhances iron absorption in the gut by reducing ferric iron to ferrous iron. Vitamin C functions as an antioxidant by reacting with free radicals and is necessary for collagen synthesis.

# Daily Amounts Needed for Adults 50 and Older:

Recommended Daily Allowance:

Men-90 mg/d

Women-75 mg/d

People who smoke require an additional 35 mg per day.



#### Sources

 $Fruits-especially\ citrus$ 

Broccoli Asparagus Tomatoes Peppers

Greens Raw cabbage Also is available in dietary supplements.

#### **Deficiency**

Scurvy is one of the most known deficiencies when it comes to Vitamin C. Scurvy signs are the 4H's: hemorrhages, hyper keratosis of hair follicles, hypochondriasis, and hematologic abnormalities. Other symptoms are easy bone fracture, joint bleeds, poor wound healing, bleeding gums with loose teeth, and easy bruising.

#### **Toxicity**

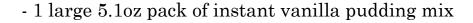
Excessive consumption can cause gastrointestinal disturbances, kidney stones, and excess iron absorption. Also, can cause nausea, abdominal cramping, diarrhea, and can possibly destroy existing vitamin B12.

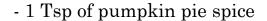
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## Pumpkin Dip

### Ingredients

- 1 large 30oz can puree pumpkin
- 8oz container cool whip





#### Instructions

Add all ingredients into a mixing bowl and stir until uniform throughout. Serve with gram crackers or serve as a pie in a gram cracker pie crust.



## Try the Diabetic Friendly Version

Use both sugar free cool whip and pudding mix for less carbohydrates.

### Brain

# Don't Just Exercise Your, Body, Workout Your Brain! Free Printable Word Search Puzzles

## Christmas

Find and circle all of the Christmas words that are hidden in the grid.

The remaining letters spell a secret message.

E	Ν	Α	С	Υ	D	Ν	А	С	Н	Т	А	Е	R	W	S	S
Τ	Н	I	S	S	Ν	0	I	Т	Α	R	0	С	Е	D	Н	Υ
E	G	G	Ν	0	G	Μ	Е	Н	Е	L	Н	Т	Е	В	Ε	0
G		F	Т	S	F	R	U	Ι	Τ	С	А	Κ	Е	Т	Ρ	Τ
R	Е	G	Ν	А	М	Н	F	R	1	Е	Ν	D	S	F	Н	S
S	L	Т	R	Ε	Е	Ι	Е	С	S	С	S	R	R	S	Ε	Е
Τ	S	Н	Ν	Е	G	Α	S	Α	Α	Е	А	А	Α	Т	R	J
Н	А	R	А	S	Е	Ν	Ν	Т	L	Ν	Ν	R	Α	Т	D	Е
G	1	Ε	G	S	Е	Т	I	С	L	K	D	Κ	0	G	S	S
	Τ	Е	G	L	А	K	I	Κ		Е	S	L	0	L	Т	U
L	Т	W	0	В	Е	С	А	Ν	С	0	Т	L	Е	Ν	S	S
F	Е	1	В	Е	-	Ι	С	L	G	0	D	0	Е	S	Ν	J
А	S	S	0	L	L	Ε	R	Α	F	С	Т	Μ	Е	М	0	0
M	Ν	Ε	Т	L	Ν	В	Ν	В	Ν	W	А	S	Υ	Α	W	S
		Μ	Т	S	0	G	А	В	Α	Ν	0	R	Е	R	Μ	Е
L	0	Ε	Е	J	Е	0	L	Т	R	G	R	Ν	D	Υ	А	Ρ
Υ	Ρ	Ν	Υ	L	L	0	Н	0	S	Н	L	Υ	S	S	Ν	Н

ANGEL
BELLS
BETHLEHEM
CANDLES
CANDY CANE
CAROLS
DECORATIONS
EGGNOG
FAMILY
FRANKINCENSE
FRIENDS

FRUITCAKE
GABRIEL
GIFTS
GOLD
GREETING CARDS
HOLLY
ICICLES
JESUS
JOSEPH
LIGHTS

MANGER
MARY
MISTLETOE
MYRRH
ORNAMENTS
POINSETTIA
SANTA
SHEPHERDS
SKATES
SLEIGH

SNOWFLAKES SNOWMAN STABLE STAR STOCKING THREE WISE MEN TOBOGGAN TOYS TREE

WREATH

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# December Monthly Observations

# December 2015

- \* Bingo Month
- \* Write a Friend Month
- National Drunk & Drugged Driving Prevention Month
- \* National Human Rights
  Month
- \* National Tie Month
- \* Safe Toys and Gifts Month
- \* Spiritual Literacy Month
- \* Tomato And Winter Squash Month
- \* Worldwide Food Service Safety Month

Sun	Mon Tue		Wed	Thu	Fri	Sat	
		1 Eat a Red Ap- ple Day	2 National Fritters Day	3 National Roof Over Your Head Day	4 Santa's List Day	5 Repeat Day	
6	7	8	9	10	11	12	
Mitten Tree Day	National Cotton Candy Day	National Brownie Day	Christmas Card Day	Human Rights Day	National Noodle Ring Day	Poinsettia Day	
13	14	15	16	17	18	19	
Ice Cream Day	Roasted Chestnuts Day	National Lemon Cupcake Day	National Chocolate Covered Anything Day	National Maple Syrup Day	Bake Cookies Day	Oatmeal Muffin Day	
20	21	22	23	24	25	26	
Go Caroling Day	Humbug Day	National Date Nut Bread Day	Roots Day	National Egg Nog Day	Christmas Day	National Candy Cane Day	
27	28	29	30	31			
National Fruitcake Day	Boxing Day	Pepper Pot Day	National Bicar- bonate of Soda Day	Unlucky Day			

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This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.

### Brain Exercise Answer

The hidden message is:

TIS THE SEASON TO BE JOLLY



